

The third post member is at least partially covered by a cushioning material such as a low density polyethylene foam adapted to absorb kinetic energy so that the kinetic energy of a golf club in motion is at least partially absorbed by the cushioning material if the cushioning material is struck by the golf club.

The releasable engagement of the third post by the cradle interface enables the third post to separate from the cradle interface if the cushioning material is struck by the golf club.

The third post has a first position where a free end of said third post is further from the target hole than is the golf ball, and the third post has a second position where the free end is closer to the target hole than is the golf ball. The third post is in the first position when the device is used by a golfer having a first skill level, and the third post is in the second position when the device is used by a golfer having a second skill level. Accordingly, golfers having differing skill levels may practice their golf swing by using the device.

The cradle interface may releasably engage the third post by a press fit, by a magnetic coupling, or by a hook and loop fastener. In the latter arrangement, there is a first hook and loop fastener secured to the cradle interface and a second hook and loop fastener secured to the third post. The first and second hook and loop fasteners are complementary to one another. Other types of releasable fasteners known to those of ordinary skill in the art are also within the scope of this invention as well. It is not feasible to list all known releasable fasteners such as snaps and buckles, quick release clamps, and so on.

The base includes a pair of horizontal support members disposed in a V-shaped configuration. The horizontal support members extend from the first post in a direction away from the stationary golf ball.

Weight members are secured to respective free ends of the horizontal support members to counterbalance the weight of the third post and the cushioning material that overlies the third post.

The horizontal support members, the first post and the second posts are hollow. An elastomeric assembly guide cord extends through respective hollow interiors of the horizontal support members, the first post and the second post, beginning at the respective free ends of the horizontal support members and terminating at the free end of the second post. The elastomeric assembly guide cord maintains the horizontal supports members in taut relation to the first post and maintains the first post in taut relation to the second post.